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their health can be so poor, when they are constantly taking such quantities of medicine.

"Some persons are in the daily practice of overburdening the stomach, and then swallowing medicinal tinctures or pills to get rid of its unnatural load. Hence it is, that we so commonly see dinner pills advertised for sale." — pp. 253 – 255.

Equally judicious, in our view, in general, are the directions for the *treatment of dyspepsy*, with which the work is concluded. In the same vein of good sense and sound judgment, the author deprecates the habitual resort to active medicines for the cure, as well as for the prevention of the disease. Here, as well as there, he recommends chiefly a reliance upon a proper regulation of the diet, and a proper management of the regimen; attention to exercise, the state of the mind, &c. And in regard to all these and many other particulars, he gives suitable directions. He does not of course mean to say, that there are no cases of dyspepsy that occasionally demand more energetic remedies. But such cases require the prescriptions of a physician, and therefore do not come within the scope of the present work.

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- 4.—1. *Report made to the Mayor and Aldermen of the City of Boston, on the Subject of Supplying the Inhabitants of that City with Water.* By DANIEL TREADWELL. Boston. 1825. pp. 32.
 2. *Report on the Subject of Introducing Pure Water into the City of Boston.* By LOAMMI BALDWIN, Esq., Civil Engineer. Boston. 1834. pp. 78.
 3. *Report on the Introduction of Soft Water into the City of Boston.* By R. H. EDDY, Civil Engineer. Boston. 1836. pp. 40.
 4. *Report of the Commissioners appointed under an Order of the City Council of March 16th, 1837, to devise a Plan for Supplying the City of Boston with Pure Water.* Boston. 1837. pp. 95.

THE city of Boston, under the necessity which in the nature of things must sooner or later come upon every city and large town, of looking abroad for a supply of pure and soft water, has been for the last thirteen years causing investigations to be made upon this important subject. The Reports named above embody the results of those inquiries. We are gratified, upon looking into them, to perceive, that whilst the situation of our metropolis, on a small peninsula, is such as to make it early

necessary for it to look for a supply of water to foreign sources, nature has kindly placed those sources within its reach.

From these Reports it appears, that there are within twenty-two miles of Boston, about twenty ponds or lakes, or *locks*, as they would be called on the other side of the Atlantic, and two rivers, the water of any of which would be preferable to that obtained within the city. By a comparison of these amongst themselves in the points of purity, elevation, and distance, the selection is confined to four, viz. Spot Pond in Stoneham, Mystic Pond in Medford, Long Pond in Natick, and Charles River. Though the Reports differ in their conclusions, yet they all recommend some one or more of these four sources.

The first Report, made in 1825 by Mr. Treadwell, is confined to Spot Pond and Charles River. But as these were more fully examined by the Commissioners in 1837, of whom Mr. Treadwell was one, no further remark need be made on this Report.

Mr. Loammi Baldwin's Report, made in 1834, after an examination of all the sources, concludes in favor of Long Pond, connected with two smaller ones, the water to be brought "by an aqueduct, without the use of pipes" to a reservoir in Roxbury, and thence into the city, at an estimated cost of \$ 750,000, exclusive of that of distribution through the city.

Mr. Eddy, whose commission was limited to the survey of the ponds "emptying into Mystic Pond," and two others, and to an examination of "the cost of introduction of the waters of Spot and Mystic Ponds," reported in 1836 a plan for uniting the waters of these two ponds in a reservoir on Bunker Hill in Charlestown, at an expense, exclusive of that of distribution, of \$ 606,877.76.

In 1837 the whole subject was committed for inquiry to three Commissioners, Messrs. Daniel Treadwell, James F. Baldwin, and Nathan Hale; and their Report is the last of the series. From this report, which appears to be full and accurate upon the whole matter, we have gathered the details which we subjoin.

As to the *quantity* requisite for the city, the Commissioners, by an estimate of the supply in London and Philadelphia, assign twenty-eight and a half wine gallons to each inhabitant; and taking the present population at eighty thousand, and providing for its probable increase, they think it necessary to provide "for an immediate supply of one million six hundred thousand gallons daily, to be extended in five years to two million five hundred thousand, and at the end of ten years to three million gallons daily." They then proceed to the sources.

1. Spot Pond is situated at a distance of ten miles and seven-

tenths of a mile from the city, "on the shortest route by which it would be advisable to lay a pipe." Its surface is one hundred and forty-three feet and one hundredth above tide water, and it contains two hundred and eighty-three acres. In purity its water is unexceptionable; it being, as stated in Mr. Eddy's Report, in this respect, "to Croton River water in New York as three to one, and to London water as seven to one." This pond could, therefore, be brought to the city in an iron pipe, without artificial raising. But the estimated quantity which it will yield, though never less than one million six hundred thousand, yet never exceeding two million six hundred thousand gallons a day, it cannot alone be depended upon for a supply. For this reason, no separate estimate of the cost of bringing in this alone is made. Its advantages, however, in other respects are so great, that it is deemed advisable to use it in connexion with another afterwards named.

2. Long Pond is distant from the city, on the line surveyed for an aqueduct, twenty miles and one thousand and forty-three feet. It is one hundred and twenty-three feet and fifty-two hundredths above the level of full tide, and is three or four miles in length. Its water in quality is inferior to that of Spot Pond, but is not in this respect "in any considerable degree exceptionable." The supply from it would unquestionably be ample, as it is estimated to furnish eight million seven hundred and forty-three thousand, six hundred and eighty gallons daily. In consequence of its distance and limited elevation, iron pipes would be too expensive; and if this pond should be used, a close brick aqueduct laid in hydraulic cement is recommended. The estimated cost of a supply from this source, to the reservoir in the city, exclusive of the expense of distribution, is \$ 1,118,294.

3. Mystic Pond is nine miles from Boston on the proposed line of pipe. Its surface is nearly on a level with the sea at high water, and it contains two hundred and twenty-eight acres. The flow from this pond is constant and abundant, and its water is more pure than that of Long Pond, and less pure than that of Spot Pond. Its purity is stated in Mr. Eddy's Report to be "to that of Croton River as two to one, and to London water as nine to two." In consequence of its low position, the water of this pond, if resorted to, must be forced through iron pipes by pumps driven by steam power. A plan of doing this is stated, at an estimated cost to the reservoir in the city, exclusive of that of distribution, of \$ 869,860.

4. Charles River, taken above the lower dam in Watertown, would furnish an ample supply of water, of a quality inferior to that of either of the three other sources, but still pure enough

for all purposes. As in the preceding case, however, the water, if used, must be pumped up either by steam power alone, or by that united with water power. The estimated cost of a supply from this source to the reservoir in the city is \$ 771,318.

Upon these facts and estimates, a majority of the Commissioners, Messrs. Treadwell and Hale, are in favor of a union of Spot and Mystic Ponds, of bringing the water of the former by its natural flow, to a reservoir on Walnut Tree Hill in Medford, of forcing from the latter, by steam power, into the same reservoir, enough to supply any deficiency in the other source, and then of bringing the whole to the reservoir in the city by its natural flow, through an iron pipe. The estimated cost of this plan is \$ 850,006.

Mr. Baldwin, on the other hand, is in favor of Long Pond as a source, and of bringing the water by a brick aqueduct, first to a reservoir on Corey's Hill in Brookline, and thence by an iron main to the same reservoir in the city, as in the other plan. The cost of this, as before stated, is estimated at \$1,118,294. The two Commissioners are determined in their choice by the fact, that their plan, whilst it furnishes as ample and certain a supply of as pure if not purer water, is less expensive than the other; whilst Mr. Baldwin prefers the Long Pond source, though the most expensive, as it requires no pumping, and because he thinks the quantity more sure of being adequate to the future wants of the city, and the quality more likely to continue pure, than that of Mystic Pond.

The Commissioners also report a plan for distributing the water through the city, which is the same, whatever source of supply is resorted to. They provide for two reservoirs in different parts of the city, and then for iron mains from them, with service pipes on each side, with stop-cocks and fire plugs, making an aggregate of about sixty-five miles of iron pipe; and the whole cost of distribution is estimated at \$ 657,554.

From these facts it is apparent, that by either of the two plans, the desired supply of pure water to the city of Boston is within the easy reach of the citizens. We commend the prudence which has been so long and carefully gathering the necessary information, and we trust ere long to be able to praise the enterprise which shall complete the work.
